



Rest Assured: A Recovery Plan for Weary Souls

Vicki Courtney

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“Come to Me, all you who labor and are heavy laden, and I will give you rest” (Matt. 11:28

Women are overcommitted, overconnected, overburdened, and overwhelmed. Their lives are full, but oddly, their souls are empty. They are aching for a bold challenge—one that will bring rest to their longing souls. *Rest Assured* is for the daring women who truly want to disrupt their current patterns and see lasting change.

Divided into two parts, *Rest Assured* offers not just an intervention:

- The Badge of Busyness
- The Exhausting Pursuit of Happiness
- Tethered Souls
- Worried Sick

But also a recovery plan:

- Prioritize the One Thing Needed: Time for God
- Create Room to Breathe: Time for Solitude
- Give Yourself a Break: Time for Leisure
- Pay It Forward: Time for Others

If the soul is weary, it's time for an intervention. *Rest Assured* is not a quick fix, but rather a bold challenge that aids women in identifying the negative patterns that prevent them from experiencing rest in their souls. Most importantly, it will give them the tools needed to break the cycle.

A “Rest Stop” challenge is included at the end of each chapter for use in Bible studies and book clubs. Bonus material includes a 30-Day Restitution Plan and 100 Ways to Give It a Rest.

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From reader reviews:

Keith Barnett:

The particular book Rest Assured: A Recovery Plan for Weary Souls has a lot of information on it. So when you read this book you can get a lot of advantage. The book was compiled by the very famous author. Mcdougal makes some research ahead of write this book. That book very easy to read you can obtain the point easily after reading this article book.

Betty Williams:

The reason why? Because this Rest Assured: A Recovery Plan for Weary Souls is an unordinary book that the inside of the publication waiting for you to snap it but latter it will distress you with the secret that inside. Reading this book next to it was fantastic author who also write the book in such remarkable way makes the content inside of easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this any longer or you going to regret it. This unique book will give you a lot of gains than the other book have got such as help improving your skill and your critical thinking means. So , still want to hesitate having that book? If I had been you I will go to the guide store hurriedly.

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